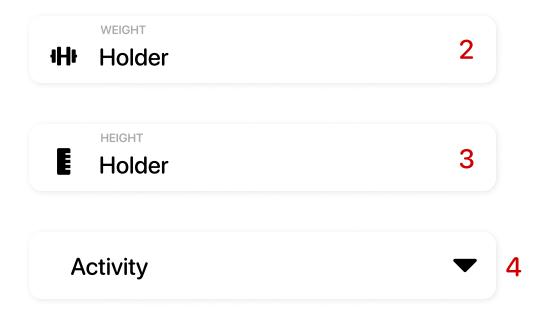


## Update you status



## Choose your target

- 5 Increase weight
  - Reduce weight
  - Keep this weight